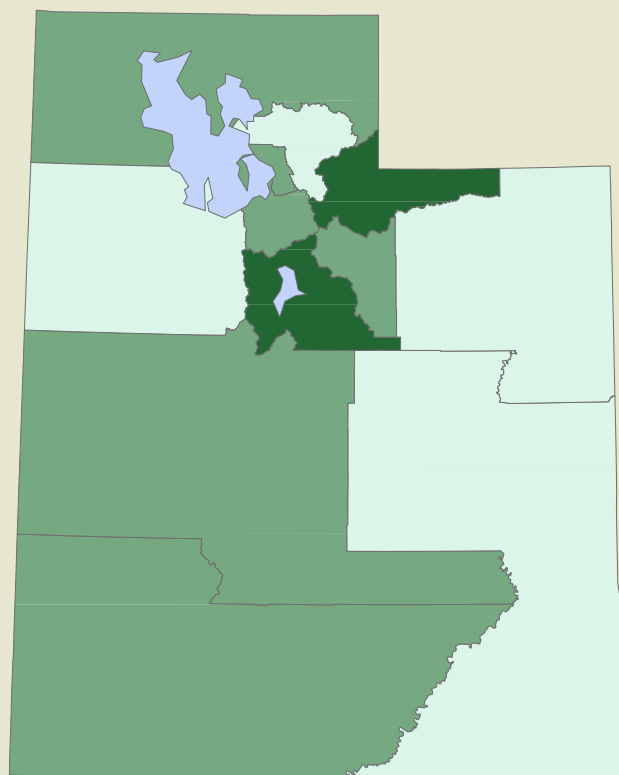


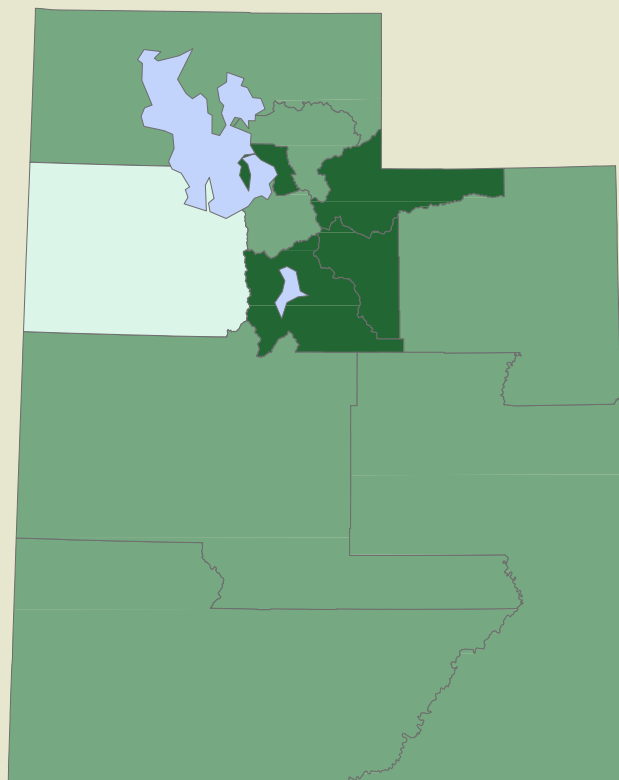
Utah Adult Daily Vegetable Consumption (3 or More Servings) Rates by Local Health District Over Time

2000



State Rate 21.4% (CI: 19.54, 23.5%)

2009



State Rate 24.6% (CI: 23.4%, 25.7%)

Legend

- 17% to 19%
- 20% to 24%
- 25% to 30%
- Utah Lakes

General Observations:

- The state rate for adults eating three or more servings of vegetables daily has not changed from baseline (2000) to 2009.
- In 2009, Tooele County Local Health District (LHD) (17.6%) had a daily vegetable consumption rate significantly below the state rate.
- In 2009, Davis County LHD (27.7%), Summit County LHD (30.1%), Utah County LHD (26.1%), and Wasatch County LHD (27.8%) had daily vegetable consumption rates above 25%, but these rates were not statistically different from the state rate.

Healthy People 2010 Target: 50%

Source: Utah BRFSS age-adjusted rates, 2000 and 2009.

Serving: 1/2 cup fresh, frozen, or canned; 1 cup leafy greens; 1/4 cup dried (e.g., tomatoes); 1/2 cup cooked legumes; or 1/2 cup juice.

Note: For 2009, unless otherwise noted above, LHD rates were not significantly different from the state rate. CI: confidence interval

